

Find heart healthy alternatives this holiday season



Whether it's reducing your risk of type 2 diabetes, increasing energy levels, or improving overall health, the Diabetes Prevention Program powered by Omada will match you with a health coach to make it your healthiest holiday yet.



Homemade Chocolate Bark:

- **1 pound** (454g) dark chocolate, 70% cacao or higher
(chocolate chips work great)
- **¾ cup** nuts of choice, chopped
(suggested: walnuts, pecans, almonds, pistachios, or hazelnuts)
- **¼ cup** dried fruit of choice, chopped
(suggested: cherries, cranberries, apricots, or raspberries)



Directions:

1. Line a baking pan with parchment paper.
2. In a double boiler, melt chocolate over low heat until smooth.
3. Remove from heat and use a rubber spatula to evenly spread chocolate over parchment-lined pan.
4. Immediately sprinkle chocolate with nuts and chopped dried fruit.
5. Let cool slightly, then freeze for about 2 hours or until solid.
Once frozen, remove from the freezer and break into pieces (roughly 25).

Just a taste of things to come...

Check if you are eligible:

omadahealth.com/wasebb



The SEBB Diabetes Prevention Program powered by Omada is available to SEBB members enrolled in Kaiser Permanente or UMP plans. Premera Blue Cross members have a different program available. Learn more at hca.wa.gov/sebb-dpp.